



New Potato Summer Salad

 Gluten Free

READY IN



210 min.

SERVINGS



30

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cherry tomatoes cut in half
- 2 tsp grey poupon dijon mustard
- 0.3 cup basil fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup miracle whip dressing
- 3 lb new potatoes red cut into 1-inch chunks
- 0.5 cup slivered onions red
- 0.3 cup oscar mayer real bacon bits

Equipment

- bowl
- sauce pan

Directions

- Cook potatoes in boiling water in saucepan 10 to 12 min. or just until tender; drain.
- Place in large bowl.
- Add onions, tomatoes, bacon and basil; mix lightly.
- Combine remaining ingredients.
- Add to potato mixture; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:2.5669565252636%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 46.54kcal (2.33%), Fat: 0.73g (1.12%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 7.74g (2.82%), Sugar: 0.96g (1.07%), Cholesterol: 1.54mg (0.51%), Sodium: 71.22mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin C: 9.74mg (11.81%), Vitamin B6: 0.14mg (7.04%), Potassium: 204.05mg (5.83%), Fiber: 1.12g (4.47%), Manganese: 0.08mg (3.99%), Magnesium: 11.31mg (2.83%), Phosphorus: 28.2mg (2.82%), Vitamin K: 2.87µg (2.74%), Copper: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.63%), Vitamin B3: 0.5mg (2.5%), Iron: 0.4mg (2.2%), Folate: 8.25µg (2.06%), Vitamin B5: 0.14mg (1.42%)